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# THESE KINGS RULE

LOS ANGELES MOVING ON TO THIRD ROUND AFTER A SHOCKING SWEEP LEAVES ST. LOUIS SINGING THE BLUES PAGE 26

VANCOUVER metro®
Monday, May 7, 2012
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# Hastings jockey wins Derby

**Hometown hero.**
8,000 people gather at racecourse to watch Mario Gutierrez's historic Kentucky ride

Mario Gutierrez's unexpected victory at the Kentucky Derby sparked celebrations at the Vancouver racetrack where he trained.

Just six years after he came to compete at Hastings Racecourse, Mexico's Gutierrez rode his chestnut colt, I'll Have Another, to victory Saturday by 1 1/2 lengths.

His odds were 15-1, and local horse-racing enthusiasts were immediately heralding the win.

"He's done Vancouver racing the biggest thing that could ever happen to it," said Glen Todd, a thoroughbred owner who calls himself Gutierrez's Canadian father.

Raj Mutti, regional general manager of B.C. Racing, said an almost complete silence enveloped the crowd of nearly 8,000 at Hastings Racecourse before Gutierrez's ride.

But in the last 15 seconds of the race, the crowd "completely erupted," Mutti said.

"Lots of high fives, lots of cheering, lots of screaming, just pure excitement in the air once he crossed the finish line," he said. "When they made it official, he got another huge rousing ovation from our crowd."

During his eight years at the course, Mutti said he's never seen anything like it.

"It's probably the most excited the crowd's ever been and probably the most excited, loudest I've ever witnessed at Hastings Racecourse."

Gutierrez came to Vancouver when he was just 19, but quickly became a leading jockey and has been at the top of his game ever since.

Howard Blank, vice-president of the Great Canadian Gaming Corporation, which owns Hastings, hopes to bring back Gutierrez by the beginning of summer for a special celebration.

THE CANADIAN PRESS

Jockey Mario Gutierrez rides I'll Have Another to victory in the 138th Kentucky Derby horse race at Churchill Downs Saturday. DAVID J. PHILLIP/THE ASSOCIATED PRESS

## Inquest into farm fatalities

What happened at mushroom farm in 2008? PAGE 3

## Remembering a Beastie Boy

Adam Yauch was more than just a rapper PAGE 12

## The big baby reveal

Advice on how to tell people your baby's gender PAGE 16

## A time for adventure

Special Metro feature on summer camps PAGE 23

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# Inquest begins into mushroom-farm deaths

**Workplace incident.** Three mushroom-farm workers died after being exposed to hazardous gas on Langley farm in 2008

MATT KIELTYKA
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The last moments of life and tragic deaths of three mushroom-farm workers will take centre stage as a coroner's inquest into the high-profile 2008 incident begins Monday.

Ut Tran, Han Phan and Chi Wai Chan all died after being exposed to hazardous gas while working at the Langley mushroom farm.

It's now up to a jury to determine exactly what went wrong and make recommendations to prevent a similar tragedy from happening again.

**Statement**

**"Along with the family, we sincerely hope that this inquest will get to the bottom of every factor that led to this tragedy."**
Jim Sinclair, B.C. Federation of Labour

B.C. Federation of Labour president Jim Sinclair will attend and testify at the inquest, and will be joined by one of the two surviving employees left severely disabled from the incident.

"Along with the family, we sincerely hope that this inquest will get to the bottom of every factor that led to this tragedy," Sinclair said in a media statement. "We also expect the (Workers Compensation Board) and government to act immediately to implement those recommendations."

The companies involved in the incident, A-1 Mushroom Substratum Ltd. and H.V. Truong Ltd. and its owners, were hit with $350,000 in fines by a judge, but they escaped jail time.

Follow Matt Kieltyka on Twitter @Mkieltyka

## 'I just ran 42.2 kilometres, and, boy, are my arms tired!'

Banff's Ellie Greenwood crosses the finish line Sunday at the annual BMO Vancouver Marathon. Greenwood was the first-place winner in the women's division with a time of 2:42:16. More than 5,000 runners participated in the full 42.2-kilometre marathon. Gezahgn Eshetu, of Ethiopia, won the men's division with a time of 2:21:53. Top Canadian was Calgary's Benard Onsare, who finished in second place (2:22:16), and the top runner from B.C. was Victoria's Ryan Day, who finished third (2:29:24). PHYLICIA TORREVILLAS/METRO

1 NEWS

**On the web**

### *Walking in a cartoon's (in)famous footsteps*

**Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series — including, of course, a stop at The Drunken Clam. Go to metronews.ca for more.**

**Mobile news**

**Test-tube babies have higher rates of birth defects, and doctors have long wondered whether it's because of certain fertility treatments or infertility itself. An extensive new study from Australia suggests both may play a role. Scan for the story.**

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# Foundation wants to repatriate 1899 rescue medal

Braving strong winds and a terrible November sea, six Vancouver Island men rowed out to a U.S. schooner burning off what is now Tofino and rescued its crew from almost certain death.

The drama almost 113 years ago earned the men medals from the president of the United States, but the act of heroism has been largely forgotten. Until now.

One of the medals has surfaced in the United Kingdom, and a Tofino-based foundation is scrambling to raise money to purchase the medal and repatriate it to Canada.

"To me it's almost sort of a litmus test of how people do view their heritage around here," said David Griffiths, executive director of the Tonquin Foundation.

Griffiths fears if the medal is not purchased and repatriated, it could end up being sold for scrap.

The Hera, a three-mast schooner, departed Seattle for Honolulu on Nov. 18, 1899, loaded with grain, pianos, 1,800 barrels of lime, a knocked-down schoolhouse and 60,000 quart bottles of Rainier beer.

As the Hera crept past Cape Flattery, a southwester caught the ship and pushed her towards Vancouver Island.

The vessel took on water. The barrels holding lime burst and the lime began to smoulder.

According to 1899 accounts in the Victoria Daily Colonist, F. Jacobsen, F. Stanley Spain, Nigel L. Campbell, Thomas Carr, S. Torgesen and a Mr. Brewster decided to row out to the ship, which was by then in Clayoquot Sound, "although there was a terrible sea running."

The accounts, archived on the website Victoria's Victoria, state the ship's captain, its owner and his daughter and two men boarded a boat and left the others on board to perish.

Upon meeting the six desperate crew, the rescuers were forced to wield axes to ensure a safe and orderly rescue into the rowboat, according to the newspaper.

"She is one mass of raging flame, and as it is a very black night, the entire harbour is lit up," states an account.

The ship sank, and months later U.S. officials announced they would present a gold life-saving medal to each of the rescuers.

Several Tofino-area residents have already pledged money to the fundraising effort, Griffiths said.

THE CANADIAN PRESS

A rescue medal is shown in this handout photo. THE CANADIAN PRESS

## White Rock. Nobel prize winner among anti-coal protesters arrested

Point made, even if it meant thirteen protesters were arrested during an anti-coal rally in White Rock Saturday night.

Nobel prize-winning energy-environment economist Mark Jaccard was among the British Columbians for Climate Action protesters arrested and fined for blocking a coal train near the community's pier.

Before the action, the Stop Coal campaigners made it known they were willing to be taken into custody to make their stand.

RCMP arrived to the protest armed with a court injunction permitting them to arrest anyone who blocked the train, but allowed the demonstration to safely continue.

Police even let protesters talk to media before politely arresting them, which happened without any resistance from the demonstrators.

Twelve males and one women were taken to the White Rock RCMP detachment, where they were processed and given with a $155.00 fine for breaking the Railway Safety Act.

Prior to the action, Jaccard said he was willing to be arrested to take a stand against using Canada's ports to export coal and not meet greenhouse-gas reduction targets.

"We are putting ourselves on the line Saturday because our future is at risk and we have to stand up for it," he said in the statement, adding he's never been involved in civil disobedience before.

MATT KIELTYKA/METRO

## Fly me to the 'supermoon'

People are silhouetted by the "supermoon" on Cypress Mountain in North Vancouver on Saturday. The event marked the closest, and therefore the biggest and brightest, full moon of the year. The close proximity made the moon appear about 14 per cent bigger.

JONATHAN HAYWARD/THE CANADIAN PRESS

# New Lego store causes R2-Detour

## May the force be with him. Crowds welcome Lego master to grand opening of franchise

PHYLICIA TORREVILLAS
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Children and even adults channelled their inner Force to help out a Lego master builder create an eight-foot-tall R2-D2.

Erik Varszegi started building the Star Wars droid Friday morning at Oakridge Centre and finished the larger-than-life model Sunday afternoon to celebrate the official grand opening of B.C.'s first Lego store.

"We started off with a two-foot prototype and the kids build these large-scale Lego bricks for us and I take those and put them together," he said. "It'll be up until next Sunday, then we're going to get a crew in here to take all the bricks apart piece by piece and pack them back in the boxes and ship them out to the next city."

**Putting it all together**

There are now four Lego stores in Canada — one in Vancouver, two in Toronto and one in Calgary.

Trent Dayle, 7, was all smiles building his small piece for R2-D2. He said he loves building different things with his Lego bricks.

"My favourite Lego set is Star Wars," he said.

Trent's mom Andrie said it was fun seeing her son get a chance to do what he loves.

"Anything that gets the kids enthusiastic about using their creative minds is much more productive than sitting around the TV and playing video games," she said. "He loves it as much his 11-year-old sister does. It works out fabulous, although there's stuff everywhere in my house, the little pieces, but it's all good."

Dozens of excited kids, along with their parents, lined up to get inside the Lego store.

Lego master builder Erik Varszegi works on the eight-foot-tall R2-D2 model, Sunday, at Oakridge Centre to celebrate the opening of B.C.'s first Lego store.

PHYLICIA TORREVILLAS/METRO

**Workplace accident**

### Man killed at recycling plant

A man is dead following an accident at a Vancouver Island recycling plant.

The unidentified man fell into a sorting- and conveyor-belt system inside the facility yesterday afternoon.

Coroner Barb McLintock says preliminary observations don't suggest anything suspicious.

THE CANADIAN PRESS

**Pilot injured**

### Plane ablaze after crashing

A small plane crashed at the Pitt Meadows airport on Sunday. Officials say there was only the pilot on board and he is being treated in hospital for burns. CKNW is reporting the plane was home built.

Assistant Pitt Meadows Fire Chief Brad Perrie says the plane was engulfed when fire crews arrived.

THE CANADIAN PRESS

**Carbon monoxide**

### Dozens treated for poisoning

About 50 people had to be treated for carbon-monoxide poisoning following a hockey game at a private arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops. A boiler was the likely culprit. THE CANADIAN PRESS

**Hang-glider death**

### Police recover memory stick

Police now have the video card from a camera that may have recorded the horrific events before a woman plunged to her death from a hang-glider over the Fraser Valley.

Hang-glider pilot Jon Orders has been held in custody after allegations that he swallowed the card last Saturday.

THE CANADIAN PRESS

# France elects Socialist Hollande as leader

**Victory speech.** 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since the Second World War but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior Ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us."

Prime Minister Stephen Harper has called the new president-elect to congratulate him on Sunday's victory.

The prime minister's office says in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues

President Barack Obama also called Hollande after the results were announced, the White House said in a statement.

THE ASSOCIATED PRESS

**Quoted**

**"I take responsibility ... for the defeat."**

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy

Supporters of Francois Hollande, the Socialist Party candidate for the French presidential election, react after the first results of the second round of voting in Paris on Sunday. FRANCOIS MORI/THE ASSOCIATED PRESS

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## Concealment of Identity Act. Feds support bill to outlaw masks at riots

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest" a criminal offence punishable by up to five years in jail.

Attorney General Rob Nicholson said Sunday that the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," Richards said. "The Concealment of Identity Act would give police the tools they need to identify offenders who cause damage to this country's neighbourhoods," he said.

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will raise the maximum sentence to five years, if the bill passes.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots but do cause fear. In that case, masked participants could face six months in jail.

JESSICA SMITH/METRO

**More than 100 arrested**

### Hard-won deal will secure the future: Charest

Quebec Premier Jean Charest says the proposed deal to end the province's student strike will secure the future of its universities.

He told a meeting of party supporters in Victoriaville that the deal will ensure the long-term financing of Quebec universities.

Charest also said students will be able to count on getting a world-class education.

More than 100 people have been arrested since Friday, with two in serious condition in hospital.

THE CANADIAN PRESS

# Mental Health Awareness Week kicks off today

**Inspiring others.** Join Arthur Gallant for an online chat Wednesday at 7 p.m. on facebook.com/cmhaontario

DAVE BAXTER
ottawa@metronews.ca

Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

But he's not giving up. Gallant credits a strong support system with helping him battle his disease, and is hoping to pass on that support to others while fighting stigma through a live online video chat on Wednesday on the Canadian Mental Health Awareness Ontario Facebook page, from 7 to 8 p.m. Eastern.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

**On the web**

**For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.**

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first national mental health strategy.

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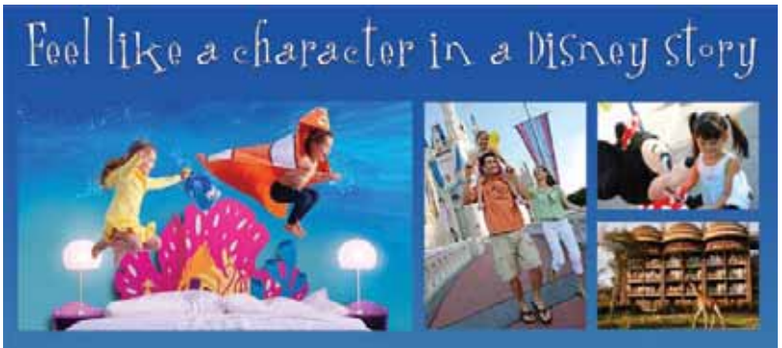


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# Murdoch's scandal follows classic media-baron script

**Ambition to hubris.** Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London.

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel Scoop.

Earlier still was the New York Journal's William Randolph Hearst, who has become linked to the maverick at the centre of Orson Welles' 1941 classic Citizen Kane.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

The narrative of the hacking scandal may echo earlier stories of overreach, but Murdoch's story has little to do with those of Black or Maxwell, said Tom Bower, who has written biographies of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

THE ASSOCIATED PRESS

**Fallout**

- Once one of the most powerful forces in British politics, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, and the resignations of high-flying political operatives and police leaders.

## Canada's last penny

**The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. In the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents.**

THE CANADIAN PRESS

**Succession planning**

## Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate-cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises. Still, the diagnosis is forcing shareholders to confront the fact that one day Buffett will no longer be at the helm of the conglomerate.

THE ASSOCIATED PRESS

**Product defect**

## Chrysler recalls vehicles over possible failures

Chrysler is recalling 119,072 cars after discovering that the antilock-brake and electronic-stability-control systems can fail because of an overheated power supply. The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated.

THE ASSOCIATED PRESS

## Conrad Black. His legal legacy is limited: Expert

Conrad Black's battle with the U.S. justice system over fraud charges attracted media coverage, but hasn't left a deep footprint in North American corporate law, a legal expert says.

Black's fraud convictions and role in a significant U.S. Supreme Court decision helped send messages to the corporate world, but largely followed in the footsteps of other white-collar criminals.

Jacob Frenkel, a former U.S. federal prosecutor and current partner with Washington D.C. law firm Schulman Rogers, said Black's case never matched the widespread interest that prosecution of former executives of Enron Corp. generated.

"No one ever cared about his case in the United States," Frenkel said. "It takes the right individual and the right case for the deterrent message in a white-collar prosecution to resonate. Those cases in the U.S. were (former Enron chief executives) Ken Lay and Jeff Skilling."

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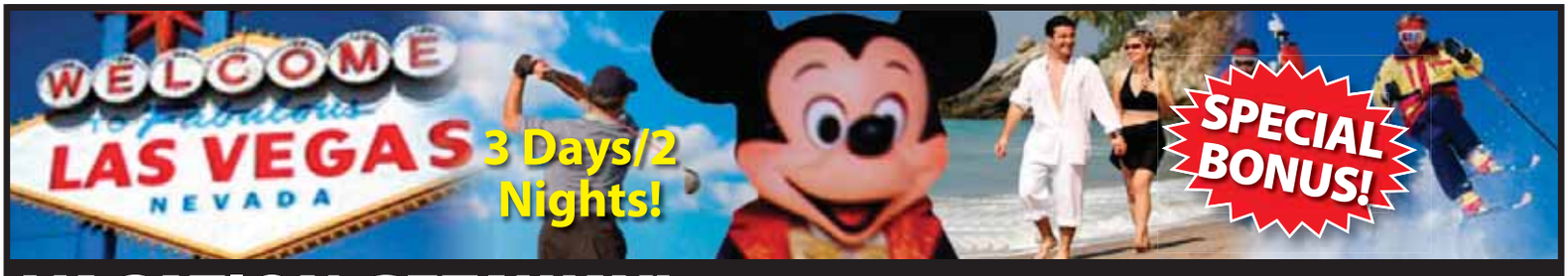


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# THE FORCE IS STRONG, SUZUKI

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

I hope he doesn't take this the wrong way, but David Suzuki reminds me a bit of Yoda.

They're both very wise and a bit dishevelled.

They're both tough and uncompromising.

Suzuki lives by the water; Yoda lives in the water.

And they're both green, although Yoda is actually green.

There are differences. Suzuki, for example, speaks in full sentences with subjects and verbs in the right places.

The biggest thing they have in common is a concern for the future. Yoda is worried about the dark side of the force, while Suzuki frets about the failure of environmentalism.

In a remarkable lament issued on May Day (both Yoda and Suzuki have a fondness for symbolism), Suzuki worries that although environmentalists have done a world of good, "we have failed to make the point that our lives, health and livelihoods absolutely depend on the biosphere — air, water, soil, sunlight and biodiversity. Without them, we sicken and die." Or, as Yoda would say, "sicken and die we would."

Suzuki is worried that the tide has turned against environmentalism. Recessions, "popped financial bubbles" and right-wing propagandists have turned our minds to the dark side, and now we see green thinking as an impediment to economic expansion.

I think David Suzuki should slack cut himself some.

Today, thanks to David Suzuki and his green friends, millions of people are enlisted in the movement for "sustainability." Sure, it's a buzzword, but it's a buzzword that describes earnest, meaningful activity at every level of society.

Developers strive for LEED-certified green status for their buildings. Before the ground is ever broken, a careful environmental assessment is done before the project proceeds.

Every municipality in the country has an official community plan that requires sustainable development and preservation of the biosphere, covering "air, water, soil, sunlight and biodiversity."

Here in Vancouver, I just recently attended a sustainable-mining conference at SFU. It attracted mining companies, academics and government officials from around the world to work on how to integrate sustainable-mining practices into business cases — in other words, long before the return on investment is calculated.

Also here in Vancouver, the Globe series is one of the largest green-business conferences in the world. Thousands of new businesses, from environmental consultancies to radical new forms of green energy, are spawned as entrepreneurs look at the world through green-tinted glasses.

Meanwhile, every day in every classroom across this nation, small children learn the gospel according to David with the same avid attention as young Skywalker paid to Yoda. Their reverence for nature, the biosphere, will be reflected in their contribution to the "paradigm shift" Suzuki seeks with such anxiety.

The Force is strong, David Suzuki. One moment despair do not, I think.

**Worth mentioning**

## Details of classic American snacks get lost in translation

Russians prefer their Lay's potato chips dusted in caviar and crab flavours. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg's All-Bran cereal is served floating in hot coffee instead of cold milk.

Americans might get squeamish at the thought of their favourite snacks being tweaked. But what works in the U.S. doesn't always work everywhere.

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreo, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn't completely take to it.

So Kraft decided to tweak the Oreo. The result? Over the past five years, Kraft said sales have grown an average of 60 per cent a year. **THE ASSOCIATED PRESS**

# A droplet's rainbow ebb and flow

TOBIAS BRÄUNING

**Picture perfect**

## Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled Dancing Queen, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

**60 seconds**

**Tobias Bräuning**

**What do you see here?**
I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

**How did you create these striking shapes?**
I used electromagnetic solenoid valves to generate the drops. I also made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

**You must have used a very rapid shutter speed.**
No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second — to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

**As a photographer, what do you want to tell the world?**
I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects. **METRO**

**Shutter happy**

**"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured shortly before touching the splash."**

**Tobias Bräuning**

# A lost toy was an opportunity for the MCC

## News Worth Sharing

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

There's nothing more precious to a child than a favourite toy.

Understandably, five-year-old Quesnel Thiessen was in tears when she realized she'd left her doll, Leonie, behind at the Abby East Thrift Store.

When her mother and grandmother returned to retrieve the doll, they discovered that it had been accidently sold as merchandise. Quesnel's grandmother then sent the store a picture of the doll with the hope of retrieving it.

"We felt absolutely devastated and helpless; we were sad to the point of tears," said Geoff Kullman, an employee at the Mennonite Central Committee (MCC), which operates the thrift store.

"It kept us awake at night. When we saw the picture and noticed how similar it looked to the little girl, we were moved to reunite them regardless of whether or not the original was turned in. Without a second thought, we decided to purchase the doll (online) and split the cost between us," says Karen Heisler, also an employee at MCC.

Kullman and Heisler reunited Quesnel and "Leonie" a few days later.

"Sometimes life just gives you the opportunity to do the right thing," says Kullman. **CRAIG AND MARC KIELBURGER**

*Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.*

metro

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SCENE

Box office

## *Avengers assemble a box-office smash*

**Captain America tells the Incredible Hulk to do his smash thing in The Avengers, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a $200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of $169.2 million for the debut of last year's Harry Potter finale. The Avengers added $151.5 million overseas over the weekend to bring its total to $441.5 million since it began opening internationally a week earlier. That raised the film's worldwide haul to $641.8 million in barely a week and a half, more than its Marvel superhero forerunners Iron Man, Iron Man 2, Thor and Captain America took in during their entire runs. If distributor Disney's domestic estimate Sunday holds when the final weekend count is released Monday, The Avengers would be the first movie ever to haul in $200 million in a single weekend.**

THE ASSOCIATED PRESS

On the web

**Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice**

The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horovitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

# Yauch: A music maverick

**Remembering a Beastie Boy.**
Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz. They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evolving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans. He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role in immortalizing the trio with his video direction. His directing credits include So Whatcha Want, Intergalactic, Body Movin and Ch-Check It Out.

Condolences

## *Beastie Boys key part of Madonna's music history*

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Andy Cohen gabs with Metro*

THE WORD
Dorothy Robinson
scene@metronews.ca

Andy Cohen ALL PHOTOS GETTY IMAGES

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop culture guru and celebrity interview extraordinaire.

In his new book Most Talkative, Cohen opens up about dreaming of a life in television while watching All My Children as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON

## *Congrats to one of our own*

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.

**Twitter**

**@justdemi**
So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!

**@ConanOBrien**
Ever get really into playing a video game, only to discover it was just one of those high-tech Japanese toilets?

**@JonahHill**
What has the best coffee in the French quarter in new orleans?

# Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with Oprah Winfrey.

"Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever."

At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

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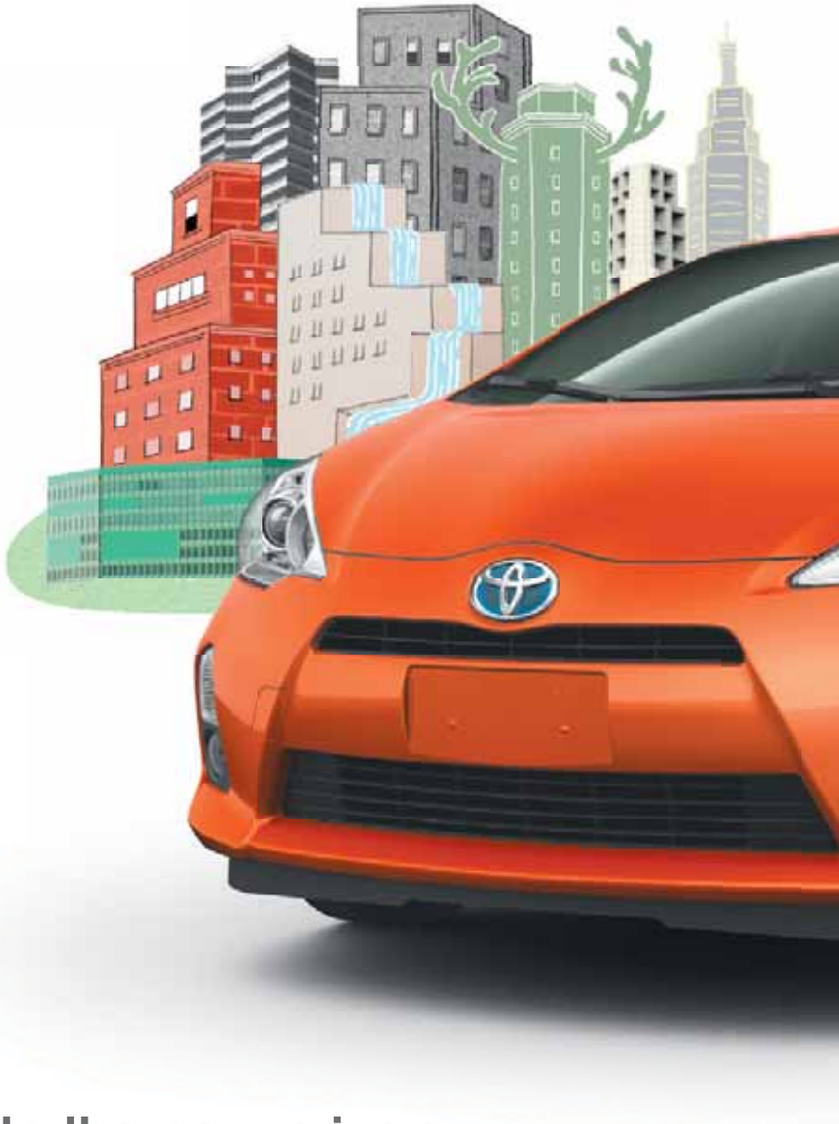

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3 LIFE

DIY

## *Homemade popsicles*

**I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.**

**You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water.**

**Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.**

SHARON DEVELLIS, YUMMYMUMMYCLUB.CA

On the Web

Skeptics question whether Vogue went far enough to promote healthier models

Health

## Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some sort of postnatal depression.

To most, it seems odd to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA

Study suggests new dads can suffer from a form of depression. ISTOCK

Money

## Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.
- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

# Ready to reveal your baby's gender? Keep it trendy

**Boy or girl?** Here are some ways of making the big announcement to friends and family

LISA THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of three parties:

**Gender-Reveal Cakes**
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

**Balloons In A Box**
Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

**Unwrap a Gift**
Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate when everyone else finds out. A fun touch would be to have guests wear either pink or blue to indicate their gender prediction. The losing team cleans up after the party.

**More party tips**

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

# Give your sweet tooth something to smile about

This recipe serves eight to 10 people. THE CANADIAN PRESS H/O

**Raspberry Semifreddo.** This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

**1.** In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about 8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

**2.** In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

**3.** Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

**4.** To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

**Ingredients**

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

**Queen of Green**

## *Toxic home cleaners*

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

**What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)?**
**Jolene — Winnipeg**

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of Ecoholic Home, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

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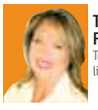
# Leap of faith leaves imprint on entrepreneur

**Copy that.** Iain Scott encourages other business owners to be unafraid of taking chances



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

**Expert advice**

**Iain Scott's key tips for business success:**

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

The one-stop shop for small business owners with printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

**High hopes**

**"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."**
Iain Scott, business owner

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BRUCE WALSH
life@metronews.ca

In 2007, Konstantinos Bastas was managing his parents' diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. in Hospitality Industry Studies at NYU. Bastas completed his degree last year.

Think you can provide better service? Consider hospitality studies. ISTOCK

After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

**Born for the business**

**"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."**
Konstantinos Bastas

"A master's degree teaches you the practical stuff: hospitality formulas, marketing, revenue management.

But the most important thing for me in those two years is relationship-building — having professors who are industry leaders, and being around other students who are involved in the industry."

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NURSING WEEK
Monday, May 7, 2012

Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website (cna-aiic.ca). THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

# Nurses are involved in every stream of society

JON TATTRIE
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previously worked in the New Brunswick government, says it starts in the community with health promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as "street nurses" reaching out to homeless people.

"Nurses week is really a mechanism to profile the contribution that nurses bring to the health-care system," she says. "With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and communities. Nurses are involved in every level and every stream of society."

Bard says nurses play an important role in contributing to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing organizations are helping shape best practice policies and developing models of care in the province. The collaborative approach with government, nurses and doctors is spreading across Canada, she says.

"It's a positive step of including nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country," Bard says.

The CNA also lobbies the case that nurse practitioners — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

Judith Shamian, CNA's president, says nurse practitioners (NPs) can provide high-quality care for patients, order tests, prescribe medications, and diagnose and manage chronic illnesses.

They work in a wide variety of settings including community clinics, doctor's offices, nursing homes, and hospitals.

"As Canadians, we're proud of and grateful for this country's health-care system, but it's time to recognize we deserve even better," she says.

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# You will get thanked every day as a nurse

**Career.** Work with people who will experience a full range of life's highs and lows

JON TATTRIE
For Metro

Nursing is one the "greatest and hardest" careers available, says Linda Silas, president of the Canadian Federation of Nurses Union.

"You have to love people — individuals, families and communities," she says.

Nurses work with people experiencing the full range of life's high and lows — from victims of traumatic attacks or accidents in the emergency room to families celebrating the birth of their child in the maternity ward to the elderly preparing to die. There are also nursing careers in public health and mental health, as well as in-home care or at care facilities.

Silas says the average nurse changes jobs every seven years. Their basic education as a registered nurse, licensed practical nurse or nurse practitioner, works in a wide range of jobs, but specific positions may require skills upgrading.

Silas says having more well-trained nurses helps everyone.

"It's a dual benefit. Our communities benefit the more nurses they have," she says.

"And for the individual who becomes a nurse — there are not many professions where you will get so many 'thank yous' every day."

It's a challenging profession, she says, as many nurse jobs require 24/7 coverage and so nurses will work day shifts, back shifts, weekends and holidays.

"And working in very stressful situations," she adds.

**Training**

- Training for some aspects of nursing varies across Canada, but the basic registered nurse (RN) training takes between 18 and 24 months of university or college to earn a baccalaureate of nursing. An RN must then register with the regulatory body in the province or territory in which they will work.

Nursing is a challenging, but rewarding, career and jobs will continue to be available as senior nurses begin to retire. ISTOCKPHOTO/THINKSTOCK

Silas says two years ago, every nurse graduate walked into a job. Today, provincial budget cuts means it is a little harder to find the job you want where you want it, but there is still a lot of work, with more coming.

"The Maritimes, Alberta and Saskatchewan are the areas where the job openings are more numerous," she says. Would-be nurses in the rest of the country may have to move to another area in their province or territory and start on a casual or part-time basis.

Silas says it works in cycles and while the market is tighter now, it is likely to turn around as senior nurses retire. The average age of a nurse is 48, meaning new jobs will begin to open up over the next decade or so.

"You can't exchange us for machines. We will need as many nurses in the hospital sector, in the community and long-term-care sector, so jobs will come," she says.

National Nursing Week aims to reflect the positive impact nurses have on the lives of Canadians. JUPITERIMAGES/COMSTOCK/THINKSTOCK

## Celebration. 'Nurses — the Health of our Nation'

National Nursing Week is seven days to celebrate one of the most important professions in Canada. Given that health care is largely a provincial and territorial responsibility, most specific events to mark the week are being organized by provincial and territorial organizations.

The overall theme is "Nurses — the Health of Our Nation," and it aims to reflect the positive impact nurses have on Canadians' lives and well-being.

The theme is inspired by the International Council of Nurses, the global body that celebrates International Nurses Day May 12.

This year's theme has a double meaning, says Rachel Bard, the executive director of the Canadian Nurses Association.

"The 'health of our nation' is certainly applicable for nurses, because it is how they contribute the most — looking and seeing how we can influence the health-care system, and also in terms of how we can influence policy, improving access and reaching out to the population to promote better health," she says.

National Nursing Week runs from May 7-13. A list of some of the events being held across Canada can be found under the "events" section of cna-aiic.ca. JON TATTRIE

# MAINTAIN A HEALTHY BALANCE

## REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

GOODSHOOT/THINKSTOCK

FUSE/THINKSTOCK

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

"We tend to talk about our physical and mental health problems separately," he explains. "We rarely view them as linked, and our health services and funding are structured to support this view."

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a person's overall health and well-being.

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost $4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another $1 billion is spent on hospital visits, doctors' fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated before they grow severe.

"Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination," says Coleridge.

"We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.

"This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health."

CMHA's Mental Health Week is May 7-13. This year's theme is "mental health for all" — a reminder that good mental health is achievable for everyone. To learn more, visit **mentalhealthweek.ca**.

I exercise alot.
Paul, 52, Manager



Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher

I like being creative. It's my drug.
Zile, 67, Artist

I force myself to go out and stay social.
Behzad, 30, Grad Student

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Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.

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SUMMER CAMPS

Monday, May 7, 2012

Summer camps can help children learn everything from figuring out how to be more independent to mastering outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK

# Summer is time for adventure

**Activity.** Going away to camp allows children to learn through controlled risk

ASTRID VAN DEN BROEK
For Metro

Overnight camps, and even day camps, can cost more than a few bucks.

But then again, it's money well spent isn't it?

What exactly does your child — and you as the parent — get out of the experience?

For children, the benefit of heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C.

"We provide a lot of activities for kids, but within the scope of that they're allowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and activities than they are able to afford within the home environment," adds Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the parents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

"That's a big learning step for parents, sending their kids away for the first time."

"Time apart from their children can enhance the personal development of both parent and child," adds George. "And that can enhance the relationship in the longer term."

So how can you go about picking the right camp for your child?

Ask other parents who you know for their recommendations.

"Parents know when their children have had good experiences," says Cathcart.

"All the advertising in the world won't have the same value as what you're hearing from kids and parents."

Also look for a camp accredited or affiliated through a provincial association, such as George's Alberta Camping Association or through the national Canadian Camping Association.

# Home sickness. There's nothing to worry about

**Tips.** Listen to your children and hear them out about any of their concerns

ASTRID VAN DEN BROEK
For Metro

First time your not-so-little-one-anymore heads off to overnight camp, home sickness is a real worry for both parents and some children. Here are five ways to combat this away-from-home hurdle.

**PUT ON A HAPPY FACE**
And use equally positive phrases to set up this new experience for your child.

"So don't say things like, 'I'll really miss you when you're gone' or 'Things won't be the same without you here,'" suggests Bronco Cathcart, executive director of the Sasamat Outdoor Centre in Belcarra, B.C. "Instead, use positive statements like, 'I'll really look forward to hearing about all your new adventures when you get home.'"

**BUDDY UP**
"Parents should pick camps where children can take along one or more friends," says Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

"Our camps offer a discount for bringing friends."

**PREP YOUR KIDS**
Pre-loading the experience is vital, says George. "Parents should tell their kids what to expect when they get to camp," she says. Many camps offer information packages, so it's a good idea to sit down and read through the camp kit with your child.

**KEEP THEM BUSY BEFORE THEY GO**
"Once they're at camp, they are busy physically and mentally. And kids often get over being homesick quickly because of that," says Cathcart. "But if parents are encouraging that kind of activity as a lead-up to camp, then they're already starting to alleviate that homesickness."

**LEND AN EAR**
Listen to your children and hear them out about the concerns they might have over attending sleep-away camp — especially if they are camp newbies. "You have to take those concerns seriously, but don't build on them," suggests Cathcart. "Just reinforce to them that they're going to be in a place where they're well cared for and respected by the people that are there."

Parents should try to choose camps where children can take one or more friends so the kids won't get homesick.
STOCKBYTE/THINKSTOCK

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# Pre-camp prep can prevent nerves

KIM ZARZOUR
For Metro

Nine-year-old Sara walked into Joanne Kates' office last week clutching her mother's hand, too anxious to speak.

Her first overnight camp is months away, but she is already worrying she won't be able to fall asleep so far from home.

Kates, director of Camp Arowhon in Ontario's Algonquin Park, helped brainstorm ideas like a flashlight to read at night and an iPod to listen to music.

"You could see the relief on her face to see her fears acknowledged as normal. She was a Chatty Kathy when she left."

That's the kind of pre-camp prep that can go a long way towards easing your child's first camp experience.

Parents, too, can benefit from preparation.

Find out the director's qualifications and experience, written safety policies and who will be responsible for your child, says Catherine Ross, author of the ebook Preparing for Camp.

Ask what the first few hours of camp will be like and any other questions you may have about daily schedule or food, suggests Howie Grossinger, president of Ontario Camps Association.

Once you feel more confident, it's time to help your child feel the same.

"Get out the packing list now and go over it with your child," says Kates. "Then shop together. This is a golden opportunity to have some possibly challenging conversations."

Ask your child: What are you looking forward to, what are you worried about. You can draw out your child's fears and anxieties and problem solve, she says.

Things you can talk about: Darkness (nights will be quieter, the stars brighter) and new friends (it will take some give-and-take to get along).

Check out the camp website, orientation or open house together and set up a few pre-camp sleepovers with friends for practice.

Making children feel at home during summer camp can help ease nerves. INGRAM PUBLISHING/THINKSTOCK

Go over a schedule of activities with your child to help the child understand what their summer camp experience will be like. ISTOCKPHOTO/THINKSTOCK

# Talk. The ABCs of camp life

KELLY PUTTER
For Metro

If your little camper is anxious about sleep-away camp this summer, don't sweat it because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

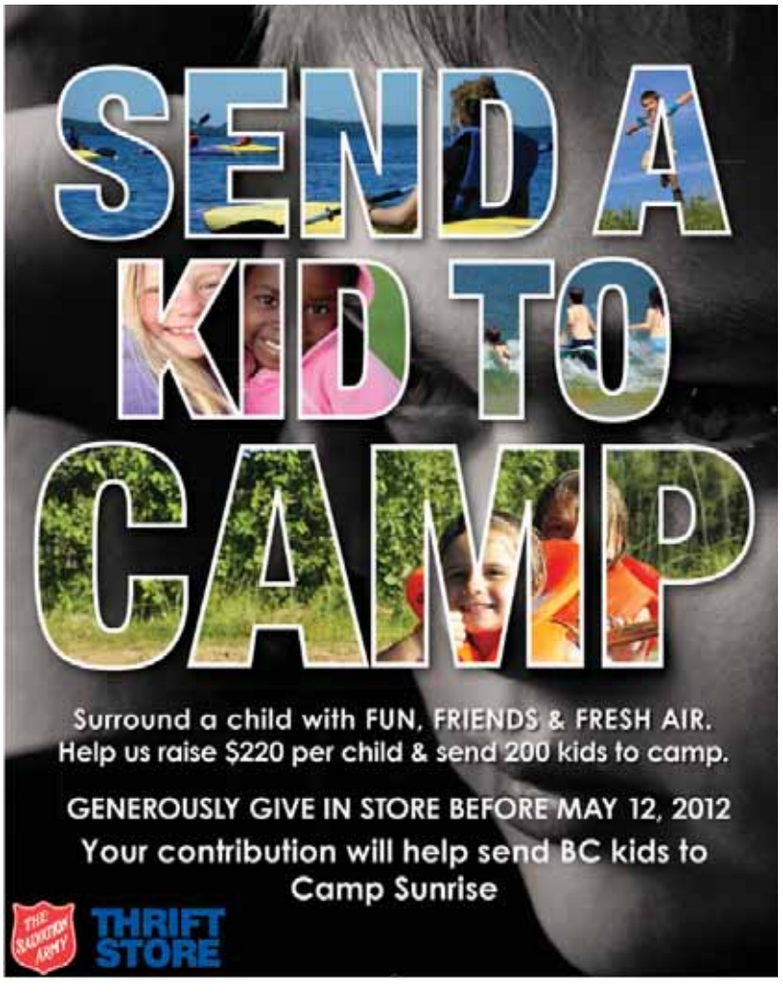
"It's important to be able to tell that story," Mills says. "It encourages kids to be aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might be a good time to initiate this childhood rite of passage.

Don't forget to pack things that will make camp seem more homelike, says Mills.

Bring your pillow from home, which also helps kids sleep better.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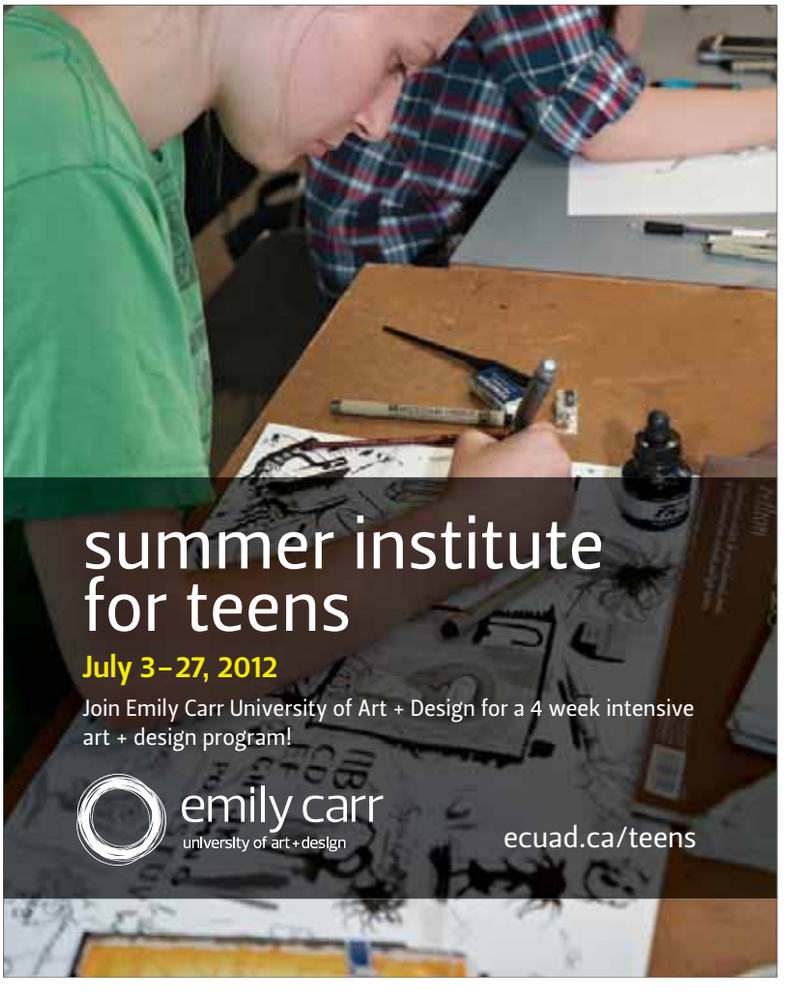
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4 SPORTS

IIHF world championship

## *Canada loses another blue-liner to injury*

**The injury bug has bitten Canada once again at the IIHF world hockey championship. Defenceman Marc-Edouard Vlasic was ruled out of the tournament in Helsinki Sunday with a right leg injury, making him the second Canadian blue-liner to be sent home early after P.K. Subban. "It's tough to lose a good young player like Marc-Edouard," said general manager Kevin Lowe. "His game is really suited to the big ice. He's a very mobile defender who will be hard to replace." Vlasic suffered the injury after getting tangled up with an opponent in the third period of Saturday's 5-4 overtime loss to the United States. He tried to play through it but quickly realized something was wrong. Canucks forward Alex Burrows is expected to miss at least two games at the tourney while recovering from a head injury.** THE CANADIAN PRESS

On the web

**Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.**

Ilya Kovalchuk celebrates with goalie Martin Brodeur Sunday in Newark, N.J. THE ASSOCIATED PRESS

## NHL. Devils have Flyers against the ropes

Game 4

| Devils | Flyers |
|---|---|
| 4 | 2 |

Dainius Zubrus scored two goals and the New Jersey Devils rallied from an early two-goal deficit and pushed the Philadelphia Flyers to the brink of elimination with a 4-2 victory Sunday night in Game 4 of the Eastern Conference semifinal.

Zubrus put New Jersey ahead 3-2 late in the second period and iced it with an empty-net goal in the final minute.

Petr Sykora and Marek Zidlicky also scored for the Devils, who can advance to their first conference final since 2003 with a win in Philadelphia on Tuesday night. New Jersey has never lost a playoff series after taking a 3-1 lead.

In winning their third straight, the Devils let goalie Martin Brodeur have an easy night on his 40th birthday, outshooting Philadelphia 43-22. He even picked up an assist on Zubrus' final goal.

Scott Hartnell and Claude Giroux scored first-period goals for the Flyers, who once again were a step slow.

The Flyers seemed to come apart at the end of the game. Defenceman Kimmo Timonen took a penalty in the closing minutes and Philadelphia never got a good shot after pulling goalie Ilya Bryzgalov in the final minute. Zubrus was about to score into an empty net when he was hooked. Still, the puck went off his stick and into the net.

THE ASSOCIATED PRESS

# Kings sweep away Blues

**NHL.** Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Game 4

| Kings | Blues |
|---|---|
| 3 | 1 |

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same post-season.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.

THE ASSOCIATED PRESS

Netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

## NBA. Anthony's 41 burn Heat in must-win Game 4

Carmelo Anthony shoots over Miami's Shane Battier on Sunday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Game 4

| Knicks | Heat |
|---|---|
| 89 | 87 |

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff win again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

"I think it's the first of many," said Stoudemire, his left arm back in a sling to keep his hand elevated. "Tonight was a great win for us, for our fans to finally get over that hump of those consecutive games that we lost, I guess the Knicks, lost over those years in the playoffs."

Anthony made a tiebreaking three-pointer with 54.5 seconds left as the Knicks overcame another injury to win a playoff game for the first time since beating Toronto on April 29, 2001. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game.

"I'm just glad that we came together after that, kept our composure, kept on fighting," Anthony said.

LeBron James scored 27 for the Heat, who will try to close it out in Game 5 at home on Wednesday. Dwyane Wade had 22, but missed a 3-pointer on the last possession that would have given Miami a lengthy rest before starting the second round.

THE ASSOCIATED PRESS

Sports in pictures

**1 Golf.** Fowler fares well at Quail Hollow

Rickie Fowler, billed as one of the rising American stars, delivered a clutch shot on the 18th hole in a playoff for a four-foot birdie to beat U.S. Open champion Rory McIlroy and D.A. Points on Sunday in the Wells Fargo Championship.
THE ASSOCIATED PRESS

**2 MLB.** Darvish suffers first defeat in Ohio

Ubaldo Jimenez pitched seven scoreless innings and the Cleveland Indians handed Yu Darvish his first major-league loss in a 4-2 victory over the Texas Rangers on Sunday.
THE ASSOCIATED PRESS

**3 NHL.** Coyotes' Klesla banned for Game 5

Phoenix Coyotes defenceman Rostislav Klesla was suspended for one game by the NHL on Sunday for boarding Nashville Predators forward Matt Halischuk on Friday night.
THE ASSOCIATED PRESS

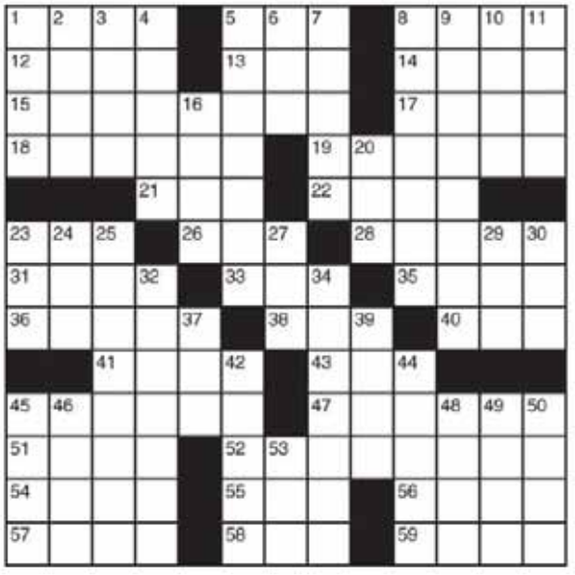
## Crossword

### Across

1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clashers
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up
57 Air from a pair
58 Round Table address
59 — ex machina

### Down

1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters
45 Tie
46 Jacob's twin
48 Muck
49 Beige
50 Not so much
53 Spoon-bender Geller



## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | | | | | | 1 | 4 |
| | | 7 | 6 | | | 3 | | |
| 1 | | | 5 | | 4 | | | |
| 4 | | | | 8 | | 9 | 7 | |
| | | | | 2 | | | | |
| | 5 | 3 | | 9 | | | | 6 |
| | | | 1 | | 7 | | | 3 |
| | | 1 | | | 2 | 6 | | |
| 7 | 6 | | | | | | 8 | 2 |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 1 | 5 | 4 | 6 | 3 | 2 | 9 | 7 |
| 4 | 3 | 2 | 9 | 5 | 7 | 1 | 6 | 8 |
| 7 | 6 | 9 | 1 | 2 | 8 | 3 | 5 | 4 |
| 9 | 7 | 8 | 6 | 3 | 4 | 5 | 1 | 2 |
| 5 | 4 | 3 | 2 | 8 | 1 | 9 | 7 | 6 |
| 1 | 2 | 6 | 5 | 7 | 9 | 4 | 8 | 3 |
| 6 | 9 | 1 | 7 | 4 | 2 | 8 | 3 | 5 |
| 2 | 8 | 7 | 3 | 1 | 5 | 6 | 4 | 9 |
| 3 | 5 | 4 | 8 | 9 | 6 | 7 | 2 | 1 |

## Friday's Crossword

## Cryptoquip

### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUOEN PXFLCXKT PURO BEUQL JLFXKLQURO WVWJNFLRN BWQQP?

"OXXKCTL, XQK VWURN."

**Yesterday's Cryptoquip:** WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 17°/10° Partly cloudy
Tuesday 15°/9° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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## Horoscope

**Aries | March 21 - April 20.** You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

**Taurus | April 21 - May 21.** With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

**Gemini | May 22 - June 20.** This is no time to be cautious, especially when dealing with work and career issues.

**Cancer | June 21 - July 22.** If you expect others to play by the book then you must play by the book as well.

**Leo | July 23 - Aug. 22.** Be a little more daring over the next few days. Take the kind of risks that other people say you should not.

**Virgo | Aug. 23 - Sept. 22.** Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

**Libra | Sept. 23 - Oct. 22.** If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

**Scorpio | Oct. 23 - Nov. 21.** Be bold, be brave and, above all, believe in yourself.

**Sagittarius | Nov. 22 - Dec. 21.** You can either meet a challenge head-on or you can hide yourself away until it has gone.

**Capricorn | Dec. 22 - Jan 20.** You have set your sights high and won't rest until you have got your hands on the prize.

**Aquarius | Jan. 21 - Feb 18.** Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

**Pisces | Feb. 19 - March 20.** You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON

## Caption Contest

"Still got that monkey on your back?"
Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS

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GLS model shown

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GLS model shown

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Limited model shown

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